

[ITALIE] – [Univeristé de Rome Tor Vergata]

NE PAS REMPLIR DIRECTEMENT (télécharger et renommer)

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¹ To update the agenda just click right on your moose

I. Your overall feeling after your semester abroad

I loved it ! it was an amazing experience! If I could go back in time, I would do it all over again without hesitating. Studying abroad was truly memorable, and the university offered so much in terms of academics, culture, and personal growth. It was one of the best decisions I've ever made.

GRADE : [a grade between 0 and 5]

=> 0 (I do not recommend this semester abroad to my best friend) – 5 (I totally recommend this semester to my best friend)

II. Before the travel

A. Preparation

1. Visa

NO

2. The flight

I took a Ryanair flight from Barcelona El Prat to Rome Fiumicino on February 13th, 2025, at around 8:00 AM

3. My luggage

I took a 20kg suitcase along with a backpack that I carried with me in the plane, and that was enough. I packed only the essentials and bought the rest once I arrived. This worked well for me

4. Bank account

NO

5. Insurance

None

B. Housing

1. Where to live

This is the place I lived in



2. Find a flat or a room

I found my room on Spacest.com. The only downside was that it was quite far from the city center, it took me around an hour to get there, using both the bus and the metro. However, the big advantage was that it was very close to the university, just a 15-minute walk away. I recommend looking for a place that's well-connected to both the university and the city center if possible.

3. Cost

It depends on the area but I would say minimum 600 euros.

III. When I arrive at the university

A. Inscription at the university

The process was pretty easy, you just have to complete the documents they send you. Everything is clearly explained, so there's no need to stress. There's always someone available to help if you encounter any issues, and most of the time, emails are answered within minutes, which is really reassuring.



B. Information on the university

1. Class

Each class is entirely shaped by the professor, so the experience can vary a lot. In some classes, attendance isn't mandatory, but your final grade depends entirely on the final exam. In others, professors encourage attendance by offering extra points, which is a nice incentive. I also noticed that oral presentations are a big part of the coursework, so it's important to be comfortable speaking in front of the class.

I would recommend most of the classes, but I suggest checking the teaching style of each professor if possible before choosing, to see what suits your learning style best

2. Organization of the Class

Classes typically last for 3 hours, with a 15-minute break halfway through. There's usually no homework, but you may be assigned presentations to prepare outside of class. Teachers generally emphasize autonomy, active participation, and speaking activities. If you're looking to improve your oral skills, this environment will be very helpful.

List of courses and recommendation

- Business organisation :
 - o Not hard but you have to keep up with the teacher, he talks for the whole 3 hours and you have to take notes.
 - o Interesting subject
 - o Professor : gnan Luca
- Managerial decision making :
 - o Not hard
 - o Very interesting subject
 - o Good teacher, he makes the subject easy and gives plenty of examples
 - o Presence is incentivized by extra points
 - o Professor : cristofaro Matteo
- Entrepreneurship and business model :
 - o A mix of previous subjects
 - o Very comprehensive teacher
 - o Teaching style similar to business organization, taking notes while the teacher talks, not a lot of activities
 - o Professor : pellegrini Massimiliano
- Consumer Choices :
 - o Very motivated teacher
 - o Very interesting subject (my favorite one)

- Presence is incentivized by « contrôle continu » in steak of a final exam
- A lot of activities and presentations
- Professor : Ilijana Petrovska
- Organization of culture and arts
 - Patient teacher
 - Interesting subject focused on cultural and artistic organizations
 - A lot of presentations (once a week)
 - Professor : Pareschi Luca

3. Exam

Exams can take different formats: written, oral, or multiple-choice. They generally last around 2 hours. The grading scale is out of 30 with 18 being the minimum passing score.

IV. When I life there

A. Safety

I personally felt quite safe, but I've heard from others that it's important to stay cautious. Pickpocketing is common, especially in the metro, so always keep an eye on your belongings. It's also a good idea to avoid dark or sketchy streets late at night. If possible, try not to walk alone at those times. As long as you stay aware and take basic precautions, you should be fine.

B. Phone and Internet

A French phone number and internet connection will usually work fine for the first three months. After that period, you'll need to get an Italian phone number and data plan. I chose the company Iliad because it's quite affordable (10 euros per month) and offers flexible plans you can cancel at any time.

C. Events

You can follow the Erasmus Roma Instagram account, they regularly post updates about upcoming events and activities.

D. Sports

You can join a local gym by visiting in person and signing up for a membership. There are also sports activities organized through the Erasmus association like basketball.

E. Eating

The food there is generally very good, and you can find delicious pasta at affordable prices. A great tip is to check TikTok, there are plenty of recommendations for good restaurants shared by locals and students.

F. Go to the university : bus, car, bike

To get around by metro, tram, or bus, you have two options: you can either pay per trip; each ticket costs €1.30 and is valid for 90 minutes, or you can get a monthly unlimited transport card for around €30 at termini metro station.

G. Travels

I wouldn't recommend traveling alone as a woman, especially if you don't speak Italian, it can sometimes feel a bit overwhelming or unsafe in unfamiliar areas. It's always better to explore with friends or in a group

H. Any other information you would have liked to know about

If I could go back in time, I would definitely take some Italian lessons before arriving. Most people aren't very comfortable speaking other languages, so knowing the basics and a few key phrases would have made everyday interactions much easier.

V. After your semester abroad

A. What are you planning to do?

I plan on doing a masters degree.

B. Did you apply for master?

I got accepted at IAE Montpellier for a masters in marketing intelligence and international business strategies

[remember to fill in the excel : <https://docs.google.com/spreadsheets/d/11-vB4ABdkzIJR1AQ82drWyAVXfnCpRYr8COkeKihnlS/edit?usp=sharing>]

